

Evaluation the fitness of anthropometric dimensions of students the best-selling laptop desks

M. Jafarvand¹, S. Varmazyar¹, MA. Hematgar¹, M. Rezapour¹

¹ School of Health, Qazvin University of Medical Sciences, Qazvin, Iran

Corresponding Address: Sakineh Varmazyar, School of Health, Qazvin University of Medical Sciences, Shahid Bahonar Blvd., Qazvin, Iran.

Tel: +98-28-333600; Email: Svarmazyar@qums.ac.ir

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*Abstract

Background: The fitness of laptop desks (sitting cross-legged) with physical dimensions of users have important role in using with correct posture and reduce the prevalence of musculoskeletal disorders.

Objective: The aim of this study was to evaluate the fitness of anthropometric dimensions of students with best-selling laptop desks.

Methods: In this study, 207 students (girls and boys) from Qazvin University of Medical Sciences were investigated. In addition to height and weight, anthropometric dimensions including; elbow height (sitting), elbow-elbow breadth, two knee length and height (sitting position cross-legged) and elbow-fingertips length were measured. Then percent of the fitness between the laptop desks with anthropometric dimensions obtained.

Findings: The results showed that the two types of laptops desks fit only in the length of the desk. Two knee length and height (sitting position cross-legged), elbow - fingertips length and elbow height (sitting) fit in the desk number one 32.4, 98.5, 0, and 93.7% and in the desk number two 61.8, 0.96, 0.5, and 78.3% respectively.

Conclusion: It had a 100% fitness only in length of the table with anthropometric dimensions of students between two types of laptop desks. However in terms of fitness, the desk number one with the highest percentage in three anthropometric dimensions was better than the desk number two.

Keywords: Ergonomic, Anthropometry, Physical fitness, Laptop desk, Posture, Musculoskeletal diseases

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